



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/

TAXI VOUCHER PROGRAM

Did you know a taxi trip from one end of Lake Forest to the other can range from \$30-35...one way?

The City of Lake Forest offers "affordable" taxi transportation to Lake Forest residents 60 years of age or older.

You can visit a friend, go shopping, pick-up prescriptions, go to non-emergency medical appointments, or to a movie.

Taxi program is in effect 24 hours a day, 7 days a week, including holidays.

Where to purchase taxi vouchers and how do I qualify?

- City Hall – 25550 Commercentre Drive (Mon-Fri, closed alternating Fridays)
- Proof of residency and age
- If you're a resident at El Toro Mobile Home Park, Forest Gardens Mobile Home Park, or Prothero Mobile Estates, check with your HOA for dates when taxi vouchers are sold at your mobile home park.

How much is a voucher?

- \$1.00 one way from your home to the Senior Scene Clubhouse
- \$2.50 one way to travel within the city limits of Lake Forest
- \$5.00 one way to Saddleback Memorial Hospital
- \$7.00 one way to Kaiser Hospital, Hoag Hospital (Irvine) and Mission Viejo Hospital

For additional information call (949) 461-3450.

Jul / Aug / Sep 15

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Happening?

SENIOR SCENE CLUBHOUSE HOURS

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Considerable walking or standing is involved with the mini excursions.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day.

Registrations will not be taken before that date or time but only for the times and dates listed.

Thank you in advance for your cooperation.

MINI EXCURSION REGISTRATION

July

Lake Forest Residents:

Wed, Jul 1, 12:00 PM

Non-Residents:

Thurs, Jul 2

August

Lake Forest Residents:

Wed, Aug 5, 12:00 PM

Non-Residents:

Thurs, Aug 6

September

Lake Forest Residents:

Wed, Sep 2, 12:00 PM

Non-Residents:

Thurs, Sep 3

JULY MINI EXCURSIONS



A Day in San Juan Capistrano

Tuesday, July 14 • 10:00 AM–2:00 PM

Fee: See below

You have many options to choose from. Start your day at Mission San Juan for a one-hour audio tour (\$7; pay at the door). Afterwards, head over to Los Rios Historic District behind the train depot where you can visit the O'Neill Museum, check out the petting zoo, and shop in the quaint stores or...do whatever your heart desires. It's your day to explore.

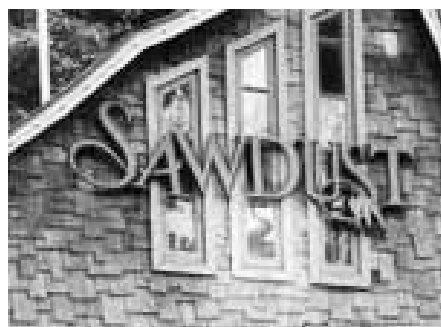
Laguna Beach Sawdust Festival •

Laguna Beach

Wednesday, July 22

10:00 AM–2:00 PM

**Fee: \$7.00 per person
(pay at the door)**



The Festival draws more than 200,000 visitors each year. Shop along sawdust-covered paths through a hand-crafted village of fine arts and superb craftsmanship. The Sawdust Art Festival also features art demonstration booths such as glassblowing, complimentary hands-on art workshops, a Ceramic Center, as well as refreshments from four outdoor cafes, a saloon and live musical entertainment.

AUGUST MINI EXCURSIONS

**MUZEO Museum
& Cultural Center •
Anaheim •
Wednesday, August 12 •
10:00 AM–2:00 PM •
\$8.10 per person
(pay at the door/
docent-led tour)**



The MUZEO engages the community by exploring and celebrating the diverse heritage, culture and arts through creative programming. The Cougars and Grizzlies exhibit will educate and raise awareness by juxtaposing the fate of the California grizzly bear with the future of the state's mountain lion.

**Lunch at the Anaheim
Packing District •
Anaheim • Wednesday,
August 26 • 10:30 AM–
2:00 PM • Fee: See below**

Built in 1919, the restored Packing House is a food hall reminiscent of the great public markets of South America and Europe. Many restaurants to choose from range in price from \$6.25–10.00 (fish & chips, burgers, grilled chicken and more) or bring your lunch.

SEPTEMBER MINI EXCURSIONS

**John Wayne Airport
Tour • Santa Ana •
Tuesday, September 8 •
10:00 AM–12:00 PM •
Free (docent-led tour)**

Receive explanations of all things “flight.” The last stop on the tour is an area where you can view the airfield and planes taking off and landing. Note: The FAA does not permit tours of the Control Tower. The Fire Station does not allow tours.

**So Long Summer BBQ at the Sports Park/
Summer Games •
Lake Forest •
Wednesday,
September 23 •
10:30 AM–2:00 PM •
Free**

Join us for a day of fun in the “sun & shade” as we say “so long” to summer. We’ll play some games, feast on some BBQ burgers and have some kind of fun.



SEMINARS

Jul/Aug/Sep 2015

4

Senior Scene

July

California Public Utilities

**Thursday, July 23
11:15 AM**

Do I have to pay charges on my phone bill that I'm questioning? Can the phone company disconnect my service? Why am I being charged a deposit and my friend isn't? You'll find the answers to these questions and learn more about payment assistance plans and the discount summer program.

August

Signs of Parkinson's Disease (PD)

**Thursday, August 20
11:15 AM**

In the U.S., 50,000-60,000 new cases of PD are diagnosed annually. Worldwide, it is estimated that four to six million people suffer from PD. There is hope, however, as scientists work toward a cure and make progress in identifying the best treatment options for patients. Learn more about PD now.

September

Lake Forest Housing Rehabilitation Program

**Thursday, September 17
11:15 AM**

Theresa Dobbs will discuss how you can qualify for the City's Housing Rehabilitation Program (home improvements) that offers a zero percent deferred interest loan and a three percent amortized interest loan for homes, condominiums and mobile homes.

CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes by calling 461-3408 the first Monday of the month: July, call July 6; August, call August 3; September, call September 8 (due to the Labor Day holiday).

Crafts may change due to availability of supplies.

LIVE, LAUGH, LOVE AND JOY!

**Tuesday, July 21 •
10:30 AM**

As you probably know, "word" plaques are the craze! We will supply the wood plaque that you will paint and bling-out to your heart's delight.



METAL WASHER NECKLACE

Tuesday, August 18 • 10:30 AM

Ya know...metal washers aren't just for fixing a leaky faucet! You will create an adorable necklace using metal washers by bedazzling, beading and painting.

COFFEE/TEA MUG

**Tuesday, September 15 •
10:30 AM**

We'll supply the mug and you supply your imagination! Personalize the mug for yourself, family member or friend. If you want, you can even create a holiday mug. The possibilities are endless....

CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10:00 AM-2:00 PM.

DISCOVER THE EXCITEMENT!

SUMMERTIME SMOOTHIES

Mondays • 12:00 PM

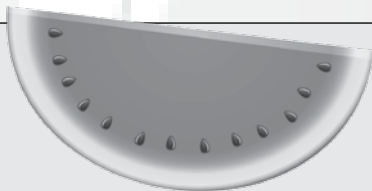
Through the summer months, staff will serve you a refreshing and healthy fruit smoothie. Yum-yumm!

CHAT WITH MONARCH HEALTHCARE

Wed • 11:30 AM-12:30 PM

Jul 1 • Aug 5 • Sep 2

Are you new to the area? Looking for a doctor who specializes in senior issues? A representative from Monarch HealthCare will discuss available options.



WATERMELON EATING CONTEST

Thu, Jul 2 • 11:30 AM

We're kicking off the 4th of July weekend in style with our annual watermelon eating contest. The winner will receive something special. Really, really special!

BAGELS & BINGO

Tue • 10:30 AM

Jul 7 • Aug 4 • Sep 1

SCRABBLE GAMES

Wed • 10:30 AM

Jul 15 • Aug 19 •

No Scrabble Game in September

BOCCE BALL @ THE SPORTS PARK

Wed • 10:30 AM

To register, you must call (949) 461-3408

Jul 15 • Aug 19 • Sep 9

BINGO MANIA

Mon • 10:30 AM

Jul 20 • Aug 17 • Sep 21

CELL PHONES 101

Tue • 12:00-1:00 PM

Jul 21 • Aug 18 • Sep 15

Master your phone! If you need assistance, drop by the Clubhouse and Jose from Monarch HealthCare will show you how.

RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Jul 28 • Aug 25 • Sep 29

BIRTHDAY CELEBRATIONS

Thu • 11:30 AM

Jul 30 • Aug 27 • Sep 24

WHO IS WEARING THAT SUIT?

Thu, Aug 6 • 11:30 AM

During the month of July, bring a picture of "you" in a bathing suit when you were in your teens, 20's or even 30's. Staff will make a copy of the picture and "pin the pic" on the bulletin board. Participants will then have to guess who it is. The winner who guesses the most will win a gift card.

MAHJONG MONDAYS AND WEDNESDAYS

10:00 AM-2:00 PM

Every Monday and Wednesday.

PING PONG

Every Tuesday •

11:00 AM-1:00 PM

COUPON SWAP

Drop off and pick up coupons.

DROP-IN COMPUTER LAB

Mon/Tue/Thu 10:00 AM-2:00 PM

Wed 11:00 AM-2:00 PM

Availability limited at times due to training and computer classes. No instructor is on site.

CH
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LFSP
Lake Forest
Sports Park
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(949) 273-6960

LFBTC
Lake Forest Beach &
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FL
Forest Lanes
22771 Centre Drive
(949) 770-0055

S&S Club
Sun & Sail Club
24752 Toledo Way
(949) 586-0860

IVC
Irvine Valley College
23308 Cherry Ave.
(949) 451-5555

JUL

**Due to the popularity of the
Thursday Lunch Program, we encourage you
to arrive by 11:00 AM for seating.**

5	6	7
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Summertime Smoothies	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
12	13	14
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Healthier Living (registration required) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Summertime Smoothies	10:00 AM Mini Excursion – A Day in San Juan Capistrano 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
19	20	21
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Healthier Living (registration required) 10:30 AM Bingo Mania (CC-A) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Summertime Smoothies	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Live, Laugh, Love & Joy 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
26	27	28
5:30 PM SUMMER CONCERT AT PITTSFORD PARK	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Healthier Living (registration required) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Summertime Smoothies	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch

WED		THU		FRI / SAT	
1		2		3	
9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga with Fleur (CC-B)		WEAR RED, WHITE & BLUE 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Watermelon Eating Contest 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)		FRI 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 10:00 AM 4TH OF JULY PARADE	
8		9		10	
9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Get On Up (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B)		10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)		FRI 1:00 PM Bowling League (FL) <hr/> SAT 11	
15		16		17	
9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Bocce Ball (Sports Park) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program 1:00 PM Yoga with Fleur (CC-A)		9:30 AM Book Discussion – The Goldfinch (CC-El Toro Room) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)		FRI 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 18	
22		23		24	
9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Laguna Beach Sawdust Festival 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)		10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – CA Public Utilities 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)		FRI 1:00 PM Bowling League (FL) <hr/> SAT 25	
29		30		31	
9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Unbroken (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:15 PM Excursion – Griffith Observatory		10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Emeritus Class Fall Enrollment (CC-AR) 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)		FRI 1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust City Hall Closed <hr/> SAT AUG 1	
Cold Box Lunch		Hamburgers and Chips			
Cold Box Lunch		Mexican Madness			
Cold Box Lunch		Pulled Pork Sandwiches and Baked Beans			
Cold Box Lunch		Chinese Feast			
Cold Box Lunch		Italian Day			

LEGEND

CH
City Hall
25550 Commercentre Dr.
(949) 461-3400

CC
Community Center
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(949) 461-3450

CC-A
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Room A

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CC-TR
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Training Room

CC-L
Community Center
Lounge

LFSP
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LFGPC
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FL
Forest Lanes
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S&S Club
Sun & Sail Club
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IVC
Irvine Valley College
23308 Cherry Ave.
(949) 451-5555

SUN	MON	TUE
2 	3 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Healthier Living (registration required) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Summertime Smoothies Cold Box Lunch	4 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
9 	10 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Healthier Living (registration required) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Summertime Smoothies Cold Box Lunch	11 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
16 	17 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Healthier Living (registration required) 10:30 AM Bingo Mania (CC-A) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Summertime Smoothies Cold Box Lunch	18 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Metal Washer Necklace 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Cell Phones 101 (CC-A) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
23 5:00 PM SUMMER CONCERT AT LAKE FOREST SPORTS PARK	24 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Healthier Living (registration required) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Summertime Smoothies Cold Box Lunch	25 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
30 	31 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Healthier Living (registration required) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Summertime Smoothies Cold Box Lunch	

WED	THU	FRI / SAT
<p>5</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A)</p> <p>Cold Box Lunch</p>	<p>6</p> <p>WHO IS WEARING THAT SUIT? (see page 5 for details)</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Who is Wearing that Suit?</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Chicken Sandwiches</p>	<p>7</p> <p>8:30 AM AARP Driver "Refresher" Course</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 8</p>
<p>12</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – MUZEO 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – The Rewrite (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>13</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Mexican Madness</p>	<p>14</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 15</p>
<p>19</p> <p>9:00 AM Excursion – Getty Villa 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Bocce Ball (Sports Park) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>20</p> <p>9:30 AM Book Discussion – Orphan Train (CC-El Toro Room) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Signs of Parkinson's Disease</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Chinese Feast</p>	<p>21</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 22</p>
<p>26</p> <p>10:00 AM Mahjong (CC-A) 10:30 AM Mini Excursion – Lunch at the Anaheim Packing District 10:45 AM Movie Day – Still Alice (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>27</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebrations (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Chicken a la King</p>	<p>28</p> <p>1:00 PM Bowling League (FL)</p> <p>7:00 PM Bunco or Bust</p> <p>City Hall Closed</p> <hr/> <p>SAT 29</p>

Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.

AUG

TUE

1

CH
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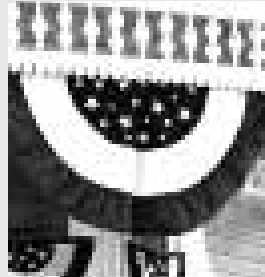
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IVC
Irvine Valley College
23308 Cherry Ave.
(949) 451-5555

SEP

6

7



LABOR DAY

CITY HALL AND CLUBHOUSE CLOSED

8

10:00 AM	Drop-In Computer Lab (CC-TR)
10:30 AM	Bagels & Bingo (CC-A)
11:00 AM	Ping Pong (CC-A)
11:30 AM	Cold Box Lunch Program (CC-A)
2:00 PM	Aquatic Fitness (LFBTC)

Cold Box Lunch

**10:00 AM Mini Excursion –
John Wayne Airport Tour**

10:00 AM HiCap Appointments

10:00 AM Pilates (S&S Club)

10:00 AM Drop-In Computer Lab (CC-TR)

11:00 AM Ping Pong (CC-A)

11:30 AM Cold Box Lunch Program (CC-A)

12:30 PM Dyna Band (CC-B)

2:00 PM Aquatic Fitness (LFBTC)

Cold Box Lunch

13

14

10:00 AM Mahjong (CC-A)
10:00 AM Drop-In Computer Lab (CC-TR)

10:30 AM Walking Club (Sports Park)
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Summertime Smoothies

Cold Box Lunch

15

10:00 AM Pilates (S&S Club)
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Crafts – Coffee/Tea Mug
11:00 AM Ping Pong (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Cell Phones 101 (CC-A)
12:30 PM Dyna Band (CC-B)
2:00 PM Aquatic Fitness (LFBTC)

Cold Box Lunch

20

21

10:00 AM Mahjong (CC-A)
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo Mania (CC-A)
10:30 AM Walking Club (Sports Park)
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Summertime Smoothies

Cold Box Lunch

22

10:00	AM	Pilates (S&S Club)
10:00	AM	Drop-In Computer Lab (CC-TR)
11:00	AM	Ping Pong (CC-A)
11:30	AM	Cold Box Lunch Program (CC-A)
12:30	PM	Dyna Band (CC-B)
2:00	PM	Aquatic Fitness (LFBTC)

Cold Box Lunch

27

28

10:00 AM Mahjong (CC-A)
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Walking Club (Sports Park)
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Summertime Smoothies

Cold Box Lunch

29

10:00 AM	Pilates (S&S Club)
10:00 AM	Drop-In Computer Lab (CC-TR)
10:30 AM	Rummikub Tournament (CC-A)
11:00 AM	Ping Pong (CC-A)
11:30 AM	Cold Box Lunch Program (CC-A)
12:30 PM	Dyna Band (CC-B)
2:00 PM	Aquatic Fitness (LFBTC)

Cold Box Lunch

WED	THU	FRI / SAT
2 10:00 AM Mahjong (CC-A) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) Cold Box Lunch	3 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Mexican Madness	4 1:00 PM Bowling League (FL) <hr/> SAT 5
9 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – MUZEO 10:00 AM Mahjong (CC-A) 10:30 AM Bocce Ball (Sports Park) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Night at the Museum (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B) Cold Box Lunch	10 10:00 AM NEW LOCATION It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Croissant Sandwich with Potato Salad and Coleslaw	11 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 12
16 ELEVENTH ANNUAL SENIOR RESOURCE FAIR AND VACCINATION CLINIC 10:00 AM–12:00 PM No Emeritus Classes or Activities	17 9:30 AM Book Discussion – September (CC-El Toro Room) 10:00 AM NEW LOCATION It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Lake Forest Housing Rehabilitation Program 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast	18 1:00 PM Bowling League (FL) <hr/> SAT 19
23 FIRST DAY OF AUTUMN 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Mini Excursion – So Long Summer BBQ at the Sports Park/ Summer Games 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B) Cold Box Lunch	24 10:00 AM NEW LOCATION It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Italian Feast	25 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 26
30 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Black or White (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B) Cold Box Lunch	<div> <p>Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.</p> </div>	

GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

HOT! HOT! HOT!

When the temp is over 90 degrees during the summer months (July-September), the Senior Clubhouse will remain open until 4:00 PM.

EMERITUS CLASS FALL ENROLLMENT

Thu, July 30 • Activities Room

11:30 AM–1:00 PM

A representative from Irvine Valley College will be on-site so you can register at the Senior Scene Clubhouse. **No need for an appointment – just drop in to sign up!**

AARP DRIVER SAFETY “REFRESHER” COURSE • Friday, August 7 • City Hall •

8:30 AM–1:00 PM \$15 AARP Members • \$20 Non-Members

This instructional class is for the mature driver (50+) who has taken the 8-hour class or an online course within the last four years. For additional information, call (949) 461-3450.

11TH ANNUAL SENIOR RESOURCE FAIR AND VACCINATION CLINIC

Wednesday, September 16 •

10:00 AM–12:00 PM

There will be many exhibits at which you will be able to obtain information on a wide array of products and services provided. Free screenings and blood pressure checks will be available. Free flu vaccinations to Medicare recipients and a minimal fee for non-recipients. Please bring your Medicare/Medical card.

BACK TO THE FUTURE 50'S SOCK HOP • Friday, October 2 • 4:00–7:00 PM •
Reservations begin Tuesday, August 11 (residents) • Tuesday, August 18 (non-residents)

July



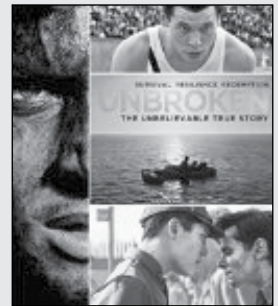
Get on Up

(PG-13) • Jul 8

2 Hrs, 19 Mins

Based on the incredible life story of the Godfather of Soul, the film gives a fearless look inside the music, moves and moods of James Brown, on the journey from his impoverished childhood to his evolution into one of the most influential figures of the 20th century.

Starring: Chadwick Boseman, Viola Davis and Octavia Spencer.



Unbroken

(PG-13) • Jul 29

2 Hrs, 17 Mins

An unbelievable and inspiring true story about the resilient power of the human spirit. As a boy, Louis “Louie” Zamperini is always in trouble, but he turns his life around and channels his energy into running, qualifying for the 1936 Olympics. When World War II ensures, Louie enlists in the military. After his plane crashes in the Pacific, he survives 47 days adrift in a raft, until his capture by the Japanese navy. Sent to a POW camp, Louie becomes the favorite target of a cruel prison commander. Starring: Jack O’Connell.

MOVIE DAYS

Wed • 10:45 AM • Lounge
Movies may change based on availability

August



The Rewrite

(PG-13) • Aug 12
1 Hr, 46 Mins

Screenwriter Keith Michaels holds a Golden Globe Award and a hit movie to his name, a beautiful wife and a seemingly inexhaustible supply of wit and charm. But that was 15 years ago: now, he's divorced, broke, approaching 50 and hasn't written a hit in years. He lands a job at a university teaching a screenwriting course. Hoping to focus on writing a new script, his attitude slowly begins to turn when he meets a single mom working two jobs to earn her degree. Starring: Hugh Grant and Marisa Tomei.



Still Alice

(PG-13G) • Aug 26
1 Hr, 39 Mins

Alice Howland, happily married with three grown children, is a renowned linguistics professor who starts to forget words.

When she receives a diagnosis of Early-Onset Alzheimer's Disease, Alice and her family find their bonds thoroughly tested.

Her struggle to stay connected to whom she once was is frightening, heartbreaking and inspiring.

Starring: Julianne Moore, Alec Baldwin and Kate Bosworth.

September



Night at the Museum

(PG) • Sep 9
1 Hr, 38 Mins

In New York, unemployed and divorced Larry is a complete loser. His son is very disappointed with his father who is going to be evicted. In order to raise some money and pay his bills, Larry accepts the job of night watchman in the Museum of Natural History and takes the place of three old security guards that have just retired. On his first shift, Larry soon realizes that everything at the museum is not as it seems as the statues begin to come to life after the sun sets. Starring: Ben Stiller, Robin Williams, Dick Van Dyke and Mickey Rooney.



Black or White

(PG-13) • Sep 30
2 Hrs, 2 Mins

Black or White focuses on a grandfather forced to care for his mixed-race granddaughter after the tragic death of his own daughter. The young girl's paternal grandmother begins a legal fight for custody of the girl and unearths the family's underlying sentiments on race. The girl's grandmother wants her to live with her black family instead of struggling to find identity in a white-collar neighborhood.

Starring: Kevin Costner and Octavia Spencer.

TRANSPORTATION OPTIONS

The City of Lake Forest offers door-to-door transportation services to Lake Forest senior residents via Age Well Senior Services (AWSS) Bus and OC Taxi. For additional information call 461-3450.

I want to go to the Senior Clubhouse Mon-Thu from 10:00 AM-2:00 PM

- Call AWSS at 855-9766 24 hours in advance. Cost is 50 cents one way.
- Call OC Taxi* when the AWSS Bus is full at 364-7000. \$1.00 voucher one way.

I want to visit my friends, go to the grocery store or a doctor's appointment within the city limits of Lake Forest

- Call OC Taxi* – \$2.50 voucher one way.

I have an appointment at Saddleback Memorial Hospital

- Call OC Taxi* – \$5.00 voucher one way.

I have to an appointment at South County Orthopedic Specialist, Kaiser and Hoag Hospitals (Irvine) or Mission Viejo Hospital

- Call OC Taxi* – \$7.00 voucher one way.

*** Prepaid taxi vouchers are mandatory for all taxi transportation. Vouchers available for sale at City Hall. Must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age; cash or check only.**

For additional transportation options, call OCTA at 1 (800) 636-7433.

CELL PHONES FOR LIFE

FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday, 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Drive, Second Floor.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.50 suggested donation per meal is requested. Lunches



are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

NEED TO KNOW NUMBERS!

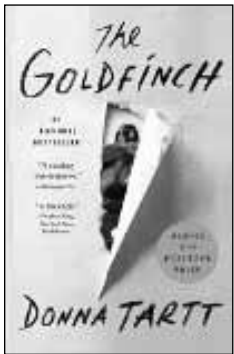
AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	380-0155, Ext. 12
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

L.F. READING CIRCLE

Thursdays • NEW TIME: 9:30 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

July



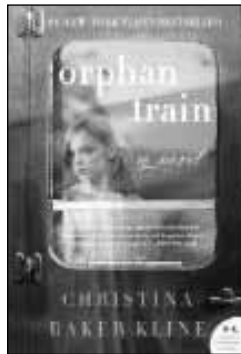
July 16 **The Goldfinch** by Donna Tartt

It begins with a boy.

Theo Decker, a 13-year-old New Yorker, miraculously survives an accident that kills his mother.

Abandoned by his father, Theo is taken in by the family of a wealthy friend. Bewildered by his strange new home on Park Avenue, disturbed by schoolmates who don't know how to talk to him, and tormented above all by his unbearable longing for his mother, he clings to one thing that reminds him of her: a small, mysteriously captivating painting that ultimately draws Theo into the underworld of art.

August



August 20 **Orphan Train** by Christina Baker Kline

Between 1854 and 1929, so-called orphan trains ran regularly from the cities of the East Coast to the Midwest. As a young Irish immigrant, Vivian was one such child, sent by rail from New York City to an uncertain future a world away. Returning later in life, Vivian leads a quiet, peaceful existence on the coast of Maine; the memories of her upbringing rendered a hazy blur. 17-year-old Molly knows that a community-service position helping an elderly widow clean out her attic is the only thing keeping her out of juvenile hall. But as Molly helps Vivian sort through her keepsakes and possessions, she discovers that she and Vivian aren't as different as they appear.

September



September 17 **September** by Rosamunde Pilcher

The story follows two families who live in a small village community, and involve themselves with all the fetes, jumble sales, country dances and everything else that goes along with British country life.

When a friend decides to hold a grand Highland ball for her daughter's birthday, everyone looks forward to the event and they begin to make preparations. The ball provides an excuse for some of the families to return home, including a young girl living in London, who is experiencing her first love, and the exotic sister of the local laird, who ran away twenty years before and has never been seen since.



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to ride home
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**Rose Bowl Flea Market –
We're ready for the bargains**



**Viejas Casino – This looks
like a winning group!**



**A fun day at the Ocean Institute
in Dana Point Harbor**